The Fort Huachuca Scout

Vol. 52, No. 48 Published in the interest of Fort Huachuca personnel and their families. View online at www.huachuca.army.mil/usag/pao. December 8, 2006



Combatives Training

A blend of martial arts, wrestling, boxing and street fighting is taught to soldiers. See Page A10

EPG COR

Col. Jerome Payne retires; Harry Kelso becomes interim commander.

Inside



Visit Arizona's many golf courses.



Vandalism causes safety problems, sends negative message about Fort

All of you probably have seen the construction in the housing areas on Fort Huachuca. We are very fortunate to have such a broad scale of renovation taking place, and it will ultimately be a better place to live for our Soldiers and families.

We have vacated these areas in sufficient time to allow families a relatively stress free transition. Vacating these homes, however, is creating an enticing opportunity for those children or teens who would vandalize the empty quarters.

We are experiencing a huge increase in broken windows, doors, and breaking into the vacant houses. In addition to the resultant bad appearance, obvious vandalism sends a negative message about Fort Huachuca and those who live and work here. And, these actions could easily result in a serious injury of a child. We are asking parents to be very diligent in advising their children to stay

out of the construction areas, as well as the vacant housing areas. In addition, the military police have increased their patrols in these areas, and anyone caught damaging the homes or removing property will be charged and their sponsors will be held responsible.

Thank you for your assistance in keeping our children safe and government property secure.



"Selfless Service -- The

focus of our job means

taking care of others; our

troops, our citizens, our

country and not making

ourselves the priority."

2nd Lt. Raul Diaz Company C, 304th Military Intelligence Battalion

1st Lt. Todd Foreman
Company C, 304th Military Intelligence
Battalion

"Honor -- Through my transition from Navy to Army, I've realized and strive to maintain integrity, confidence and most importantly honor."



2nd Lt. Mark Jepsen Company C, 304th Military Intelligence Battalion



2nd Lt. Berry Stanton Company C, 304th
Military Intelligence Battalion

"Loyalty -- Loyalty, in my opinion, is a prerequisite for all other Army values."

"Integrity -- Integrity ensures that you will always do the right thing by your Soldiers, your unit and the nation."

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It is published weekly, except Christmas and New Years, using desktop publishing by the Public Affairs Office, U.S. Army Intelligence Center and Fort Huachuca, Fort Huachuca, AZ 85613-7027. Printed circulation: 8,200.

All editorial content of *The Fort Huachuca Scout* is pre-

All editorial content of *The Fort Huachuca Scout* is prepared, edited, provided and approved by the PAO. *The Fort Huachuca Scout* is printed by Aerotech News and Review, 999 E. Fry, Suite 307, Service to Arizona, Sierra Vista, AZ 85635, a private firm in no way connected with DA, under exclusive written contract with the U.S. Army Intelligence Center and Fort Huachuca. The civilian printer is responsible

for all advertising.

Editorial material for publication should be submitted to USAIC&FH Public Affairs Office, 3015 Carnahan St., Bldg. 21115, The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 85613-7027. The PAO reserves the right to edit all material submitted for publication.

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Copies of *The Fort Huachuca Scout* are available to members of the commander's internal audience for monthly postage and handling fees upon approval of the PAO.

POSTMASTER: Send address changes to Aerotech News and Review, 9192 W Cactus rd. Suite M, Peoria, AZ, 85381.
To submit stories or inquiries, call (520) 533-1987, DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 227-4603.

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DICE assures emergency response agencies are interoperable

By 1st. Lt. Andrea-Bernadette Pratt11th Signal Brigade PAO

"It's not a matter of 'if' there will be another 9/11, but a matter of 'when'.

"In this post-nine eleven age, we need to ensure that all of our emergency response agencies are interoperable," said Capt. Jared Harris, Department of Defense Interoperability Communications Exercise 2006 test director. "Most of our [military and first-response] agencies have never had a venue to meet, talk, and exchange business cards outside a disaster area...and that's what makes this test key."

The "test" Harris referred to was the annual exercise, "DICE," which has expanded from a small local event into the DOD's premier netcentric joint certification exercise throughout the decades. The annual event is organized under the Defense Information System Agency Test and Evaluation Directorate, which is responsible for providing interoperability test and evaluation services and technical support for emerging and legacy information systems through distributed testing.

DICE is the only exercise targeted towards joint interoperability testing and certifications – making it an important venue for DOD and first responders to exchange ideas and lessons learned from significant emergency events such as terrorist attacks and natural disasters in the joint environment that DICE provides. "First responders" include police officers, firemen, ambulatory responders, and others who would respond in emergency situations.

"Vendors are encouraged to come here," added Capt. Harris, "not so much for marketing purposes, but to have an opportunity to place their un-fielded equipment in an integrated systems test. If they can make assessments earlier in product development, we believe that vendors can produce better products."

DICE not only provides a unique interoperability testing venue for military and first response agencies in a joint environment, but it also significantly lowers testing costs sharing assets across participants. JITC absorbs costs, pays commercial satellite fees, and ensures that communications capabilities are verified to the Warfighter as quickly as possible.

DICE also reduces future operational failure by testing new equipment in robust, replicated networks before the equipment is fielded. Users are given the opportunity to achieve a degree of comfort with the new versions of hardware and software through the three components of interoperability: forces, procedures, and equipment.

Sixty seven groups participated in DICE 06. Participants included first responder agencies such as the: American Red Cross; Arizona Department of Emergency Management; Cochise, Pima and Santa Cruz Counties; the Arizona cities of Sierra Vista, Glendale, Mesa, Tempe; Arizona Weapons of Mass Destruction-Civil Support Team; Federal Emergency Management Agency; Fort Huachuca Fire Department; Fort Monroe, Va. Fire Department; and the United States Coast Guard. DOD participants included the Air Force, Army, Marine Corps, Navy, Combatant Commands, National Guard Bureau, Defense Information Systems Agency, Joint Communications Support Element, and the National Security Agency.

DICE 06 locations spanned from Okinawa, Japan to 14 sites across America in the states of Washington, California, Colorado, Arizona, Illinois, South Carolina, Georgia, Viriginia, New Jersey, and Florida. One of the participating sites in Arizona is the Joint Interoperability Test Command Center here.

DICE 06 started in February and is scheduled to end in mid-April. Technical information from DICE can be found at http://jitc.fhu.disa.mil/jit-brief/cover.htm and additional DICE information can be found at http://jitc.fhu.disa.mil/dice/

Fort's February water use lowest in 24 years

Scout Reports

The water pumpage for February is 28,048,000 gallons or 86 acre-feet and is equivalent to 1 million gallons per day. The February pumpage is 15.6 percent less than that pumped in February 2005 (102 acre-feet) and is 42.6 percent less than the 24-year (1982-2005) February average (150 acre-feet)

The February pumpage of 86 acre-feet is not only the lowest pumpage for February during the 24-year period (1982-2005), it is also the lowest pumpage for any month during the 24-

year period.

Total water pumped year-to-date is 13.7 percent less than that pumped year-to-date in 2005 (207 acre-feet).

February water use at the U.S. Forest Service Air Tanker Station on Libby Army Airfield is 15,521 gallons. Year-to-date water pumped is 15,521 gallons, or 0.05 acre-feet. This is water that was used to fight the Montezuma 1 fire

Treated effluent reuse for February was 11.5 acre-feet. Year-to-date water use is 18.2 acre-feet. The 2006 year-to-date reuse, 18.2 acre-feet, is 69

percent more than that reused for the same period in 2005 (5.6 acre-feet). This is water that did not have to be pumped from the groundwater aquifer (a water and energy savings) to irrigate the Mountain View Golf Course and Chaffee Parade Field /Prosser Village.

Treated effluent for February delivered to the East Range Recharge Facility was 39.2 acre-feet. Year-to-date water delivered is 81.7 acre-feet. This is 24.9 percent less than that delivered for the same period in 2005 (108.8 acre-feet).

The lower water use in February is

attributed to the continued effects of the Water Wise and aggressive water leak detection programs and the continuing effects of a significantly mild winter. On-going construction projects such as family housing demolition and the new elementary school had little water use associated with their activities.

Fort Huachuca has been a steward of natural resources since 1877. The future of the fort is linked with the future of the San Pedro River, and we will continue to seek out creative and innovative ways to conserve water.

Four brothers to deploy together, document experience

By Paul Rutz

American Forces Press Service

Four brothers, all Army Reserve officers, are deploying to Iraq with the same division and are planning to chronicle their experiences in a forthcoming book.

The book's working title is "An American Story -- The Holbert Family: Four Brothers Who Serve." Its publisher, Linda Dennis, hopes to tell the story of the whole family's struggles as Buddy, Matt, David and Carlton begin their year in Iraq with the 108th Division (Institutional Training).

"Originally we had started a book with general essays from a whole bunch of soldiers," Dennis said. Then "the Holberts stepped forward, with all four going, and it has gone from a collection of essays to kind of a story about their family."

Dennis is president of "Connect and Join," an Internet-based communications company providing a forum for military families to keep in touch when their loved ones deploy. She said she felt humbled meeting the Holberts and seeing the contribution they are making for the country. "As we got to know them over a couple-month time period, it became real obvious this is a very unique family," she said. "This is the family we think of as 'the American family.""

The book, which Dennis hopes to publish in June, will contain journals and essays written by each member of the family: the four brothers, as well as their parents, wives, sisters, and children. She said the family has already written some essays and described their words as "very powerful."

"It's all about freedom and serving your country and

doing what's right and how you raise kids the right way," she said.

The oldest brother, Lt. Col Buddy Holbert, is a 44-year-old graduate of the U.S. Military Academy at West Point, N.Y. He said the family feels grateful to Dennis for recognizing them and expressed his amazement that someone would want to publish their words. "We wrote some little ... bios on ourselves and had a couple of pictures taken, and I understand that someone wants to consider that as essays for a book," he said. "I can't say they're written well enough for that, but that's what I'm hearing."

The Holbert brothers reported to their home station in Charlotte, N.C., Feb. 28. Buddy said the nature of their jobs will require all four brothers to mobilize about a month before most of the 108th Division.

Buddy commands the 3rd Battalion, 518th Regiment (Basic Combat Training), based in Hickory, N.C. He said he will go with a "leader element" for a one-month special training course in California to learn more about Iraqi culture. After that, he'll go on a coordination trip to Iraq for two to three weeks before coming back to Fort McCoy, Wis., to receive the division's main body. Once he arrives in Iraq, Buddy said, he will likely be based in Baghdad, while most of the 108th Division will have positions throughout the country.

The three younger brothers, all assigned to the Foreign Army Training Command's tactical operations center, will head to their mobilization station at Fort McCoy March 4 to help set up shop before the main group arrives for about 70 days of pre-deployment training.

Capt. David Holbert, a 40-year-old graduate of

Winthrop University, serves in the unit's security and intelligence branch. He enlisted in the South Carolina Army National Guard directly out of high school and served for more than five years before being commissioned as an officer. With 23 years in the military, David has served the longest of the four brothers.

Maj. Matt Holbert, a 36-year-old graduate of the Citadel military college in Charleston, S.C., serves as personnel officer for the operation. He and his wife, Laura, have one daughter, Sharon, 5, and one son, Clark, 3

Capt. Carlton Holbert, 32, also a graduate of the Citadel, serves in the unit's operations branch. He and his wife, Karen, have one daughter, Reilly, 4.

Buddy and his wife, Tracy, have a daughter, Nicole, 25, and two sons, Bud, 17, and Jordan, 10 months.

On Feb. 25, the Holbert family gathered in Rock Hill, S.C., their hometown, for a going-away dinner. Buddy described the mood as "happy and picking on each other," and he said he enjoyed the chance to honor his parents. "We owe a lot of our patriotism and values to our parents, they pointed us in the right direction as we were growing up," he said.

Those traditions have carried all four Holbert brothers through their careers and will help them when they deploy, he said. "I think we all have it in our hearts and in our blood," Buddy said. "Even though we have civilian jobs, we always have the values of the Army and the country at the forefront. Even if we weren't paid, I think that we would still do what we do. It's just something that we feel is our duty."

Local Exchanges use e-mail to reach troops, families

AAFES news release

It used to be that the only way an organization could communicate with those it served was by word of mouth or other broad messages delivered en masse. Today, the Army & Air Force Exchange Service is using e-mail technology to tailor how it reaches out to troops and their families by offering subscribers the chance to opt in to a new service through targeted, local messages.

AAFES' "Buddy List" effort began as a way for local PX/BX facilities to provide store- specific information directly to authorized shoppers' inboxes. E-mail

topics range from upcoming celebrity appearances to special sales exclusive to "Buddy List" members.

"This has been a great way to keep service members and their families connected to the PX/BX," said Senior Vice President Eastern Region Julie Zills. "Instead of a general, national promotion, we can now let customers know what's going on at their local Exchange just by sending out a quick e-mail."

The Fort Bragg Exchange, the first exchange to roll out the "Buddy List," now has in excess of 5,000 members, while the Fort Belvoir PX regularly communicates

with more than 2,000 Soldiers.

"This is something we are trying to initiate at Exchanges around the world," said AAFES Commander Maj. Gen. Bill Essex. "Our hope is that specific, local communication, like the 'Buddy List' will help enhance the Exchange benefit."

Customers can find out more about AAFES' "Buddy List" program from their Exchange's General or Main Store Managers. Local contact information is available under the "Store Locator" link at www.aafes.com.

The Part Hundrica Scoot *

December 8, 2006



Α6



A8

Soldiers read to students as part of national program

By 1st. Lt. Andrea Pratt 11th Signal Brigade PAO

"You're never too old, too wacky, too wild, to pick up a book and read to a

- Dr. Seuss

The words of the late Theodor "Dr.Seuss" Geisel were nationally honored in the annual "Read Across America Celebration" Friday. Schools in every American residential area as well as overseas Department of Defense schools celebrated what would have been Dr. Seuss' 102nd birthday by reading to youth.

The national reading event started in 1998 and has



Lt. Col. Wiley, 40th SignalBatallion Commander, reads "Green Eggs and Ham'

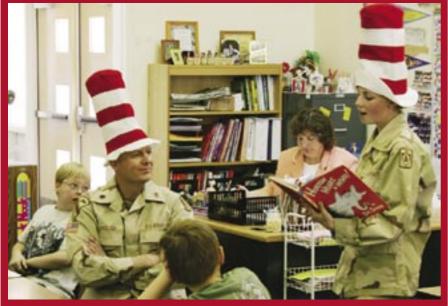
dents to read along or act out different portions of Dr. Seuss books. One class even wore pajamas and brought sleeping bags and pillows to school. Each door featured a full-length Seuss decoration of some sort and staff wore the trademark red and white striped Suess hats. There was even a live Cat in the Hat walking around in the hallways.

Lt. Col. Paul

English, 504th Signal Battalion Commander, read "Horton Hears a Who" to Desiree Madarang's 5th grade class. Individual students were called to the front of the room to help him read while the rest of the class extended their arms out like elephant trunks making elephant sounds or stretching their arms out to re-enact an eagle's flight in correspondence with events in the book. "You're the best reader we've had today," said 10-year-old Heather Huff to English. "You made me laugh and I loved your book!"

Heather made just the kind of comment that "Read Across America" is intended to encourage. General Myer Elementary and reading volunteers did their part to

support the national celebration of Dr. Seuss' birthday on Friday. The event will occur on the same day next year. If interested in volunteering, contact the school librarian.



Lt. Col. Paul English, 504th Signal Battalion Commander, and Pvt. 1st Class Charoltte Black read "Horton Hears a Who" to Desiree Madarang's 5th grade class

since served as a united effort to show children how important (and fun) reading can be. "Read Across America" is na-

tionally sponsored by Random House and the National Education Association each year.

"This is always an important day for us," said Marsha Hamric, General Myer Elementary School librarian. "The first year we didn't have enough volunteers to go to each class so we used staff. Now there are definitely enough volunteers to visit every class. It's been great!"

More 30 volunteers cycled through General Myer Elementary School on Friday.

The day was intended to be fun and educational. A brief walk down the hallways quickly revealed just how much fun the students were having.

Echoes of monkey grunts, elephant calls, and numerous giggles filled the school hallways as volunteers encouraged the stu-



Range Closures

Contact Range Control at 533-7095. Closures are subject to change.

Financial readiness classes

Army Community Service holds financial readiness classes on a monthly

Checkbook management is 9 - 11:30 a.m., the first Wednesday of the month at the ACS Building 50010; budget planning class, 9 - 11:30 a.m., the second Wednesday of the month, at the ACS Building 50010; and financial readiness training, 1 - 5 p.m., the second Wednesday and Thursday of each month, at Murr Community Center, Building 51301.

Register by calling ACS, 533-2330, or for more information, call Leigh Henderson at 533-2437.

Enlistment referral bonus program

Soldiers who refer someone with no prior military experience through the Sergeant Major of the Army Recruiting Team system may be eligible to receive a referral bonus up to a \$1,000.

The referring Soldier must establish an account via the SMART web site and submit the referral through https://www. usarec.army.mil/smart. They may also call the USAREC 800 line (1-800-223-3735, extension 6-0473) to register.

For more information about eligibility and program details call the telephone number listed above or visit the SMART Web page.

Buffalo Soldier Trail repairs

underway

The southeast-bound lanes of Buffalo Soldier Trail are reduced to one lane of traffic between Seventh Street and St. Andrews Drive through March 10. Road repairs will be underway to address pavement rutting and cracking.. Those who regularly travel this section of BST should use an alternate route until construction is complete. Drivers who travel on BST should use caution and obey all traffic control officers and signage.

For more information, contact Angela Dixon Maher at the Sierra Vista Public Works Department at 458-5775.

Korea orientation slated

Army Community Service is offering a Korea orientation, at 6 p.m., today; and 6 p.m., March 20, at the ACS Building 50010, for Soldiers and family members going to Korea for the first time.

The class is free, but those planning to attend should pre-register by calling ACS at 533-2330.

Relocation Workshops offered

Army Community Service is offering a workshop for Soldiers and family members making their first move at the following times and dates: 9:30 a.m. and 6 p.m., March 15; and 1:30 p.m., March 28. The workshops, which will discuss expectations, entitlements and budgeting for the move, will be held at the ACS Building 50010.

Register by calling ACS at 533-2330.

Fort Huachuca Lent/Holy Week Services 2006

For Information, call 533-4748

Ecumenical Easter Sunrise Service

Day

April 16, 6 a.m. Reservoir Hill (Large Parking Lot)

Lent **Catholic Services** Stations of the Cross Fridays in Lent 5:30 p.m. Main Post Chapel Fridays in Lent MPC Activity Room "Poor Man's Meal" 6 p.m. Lent Penance Service 27-Mar 7 p.m. Main Post Chapel Hunger Banquet for Youth 26-Mar 5 p.m. MPC Activity Room

Time

Location

Holy Week

Services

Catholic Services Palm Sunday Vigil Mass 8-Apr Main Post Chapel 5 p.m. Palm Sunday Mass 9-Apr 9:15 a.m. Main Post Chapel Palm Sunday Mass 9-Apr 11:30 a.m. Kino Chapel Holy Thursday Mass 7 p.m. Main Post Chapel 13-Apr Good Friday - Passion Service 14-Apr 7 p.m. Main Post Chapel Holy Saturday Mass (Easter Vigil) 15-Apr 7 p.m. Main Post Chapel Easter Sunday Mass 16-Apr 9:15 a.m. Main Post Chapel Easter Sunday Mass 16-Apr 11:30 a.m. Kino Chapel

Protestant Services

Regular Services and Chapels Palm Sunday 9-Apr Living Last Supper 12-Apr 7p.m. Main Post Chapel **Blessed Sacrament** Maundy Thursday (Episcopal) 13-Apr 6 p.m. (MPC) Good Friday Prosser Village 14-Apr 7p.m. Chapel Good Friday (Episcopal Liturgy) Main Post Chapel **Easter Service** Regular Services and Chapels 16-Apr

Jewish Services

Passover 12-Apr 6 p.m. MPC Activity Room

Chaplain's Corner

rc	otestant Sunda	ay Services	
	8 a.m.	Episcopal	Main Post
	9:20 a.m.	Gospel	Kino Chapel
	9:30 a.m.	Protestant	Prosser Village
	11 a.m.	Cross Roads	Cochise Theate
	11 a.m.	Collective	Main Post
	3:30 p.m.	ALPHA	Prosser Village
₹o	man Catholic	Worship	
	MonFri.	11:30 a.m.	Main Post
	Saturday	4 p.m.	Main Post
	Confession		
	Saturday	5 p.m.	Main Post
	Mass		
	Sunday	9:30 a.m.	Main Post
	Mass		
	Sunday	11:30 a.m.	Kino Chapel
	Mass		
Je	wish Worship		
	Friday	7 p.m.	Main Post

Cat	holic				
	Main Post Chapel				
	CCD	Sunday	10:45 a.m.		
	Adult	Sunday	10:45 a.m.		
	Apologetics				
	Adoration of the	Friday	3 - 6 p.m.		
	Sacrament Blessed				
	Korean OCIA	Friday	7 p.m.		
	MCCW	1st Friday	9 a.m.		
Pro	testant				
	Main Post Chapel				
	PWOC	Tuesday	9 a.m.		
	Sunday School	Sunday	9:30 a.m.		
	Kino Chapel				
	Women's Ministry	1st, 3rd Friday	6 p.m.		
	Bible Study Fellowship				
	Adult/Youth	Sunday	8 a.m.		
	Sunday School				

1st, 2nd, 3rd, 5th Sunday

Men's Choir	Tuesday	7 p.m.	Women's Min	istry	2nd Su	ınday	
Rehearsal			Meetings				
Women's Choir	2nd Tuesday	7 p.m.	Youth Ministr	у	3rd Su	ıday	
Rehearsal			Meetings				
Adult Bible Study	Thursday	6 - 7 p.m.	Adult Usher		4th Su	nday afi	ter service
Youth Bible Study	Thursday	6 - 7 p.m.	Meetings				
Sanctuary Choir	Thursday	7 p.m.	Men's Ministr	Men's Ministry		ay	8 a.m.
Rehearsal			Bible Study				
Youth Ushers	Saturday	10 a.m.	Women's Cho	ir	5th Saturday		11 a.m.
Youth Choir	3rd Saturday	10:30 a.m.	Rehearsal				
Youth Emphasis	4th Saturday						
Saturdays			Muslim Prayer				
Drama Team	Saturday	8:30 a.m.	Friday	11:30	a.m.	Main	Post
Youth Min. Staff	Saturday	10 a.m.	Buddhist Weekly Teaching				
& Parents Meeting			Tuesday	6:30 p	o.m	Prosse	r Village
Youth Choir	Saturday	10:30 a.m.	Orthodox Divine	Litura	v		
Rehearsal				10 a.m	•	Main	Dogs
			Sunday	10 a.ii	1	Main	Post
Murr Community C	<u>enter</u>						
Teens and	Sunday	9:20 a.m.	Latter Day Saints	Servi	ce		
Pre-teens Study			Sunday	1 p.m.	-	Prosse	er Village
Parish Council	1st Sunday aft	er service					
Meetings							

Youth Church

11th Signal Bn. prepares

1st. Lt. Andrea-Bernadette Pratt

11th Sig Bde PAO

Various satellite dishes, antennae, and military tactical vehicles were seen around Fort Huachuca and at other Arizona locations over the last two weeks. Soldiers manning the equipment components were Thunderbirds from the 11th Signal Brigade.

Each battalion of the 11th Signal Brigade conducted its own field exercise in order to prepare for the upcoming brigade-level field exercises in March and April. The battalion field missions were to validate wartime movement capabilities, communications equipment systems, and rear detachment operations independently from the upcoming brigade validation.

The 40th Signal Battalion started their field exercise on Feb. 22 and ended on Mar. 2. Since a majority of their battalion is currently deployed, the battalion was only able to occupy one site with two companies serving as the bulk of their unit. They mounted a Phoenix terminal, satellite dishes and satellite support radios on

The 504th Signal Battalion started their field exercise on Feb. 22 and ended on Friday. They occupied sites in Lordsburg, N.M., Davis Monthan Air Force Base in Tucson, Ariz., Florence, Ariz., and other sites

s to "train as they fight"

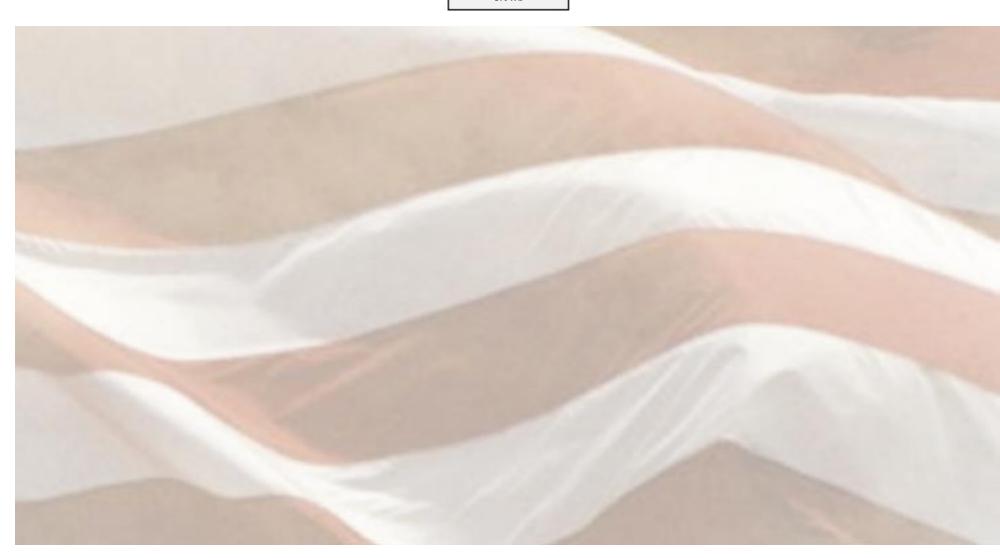
on Fort Huachuca. They mounted satellite dishes, Triband terminals, and Kuwait-Iraq Command Control Communications Computers Communications data packages. Soldiers from the 504th had several opportunities to don their gas masks and fire blanks in their M-16s at Oppositional Forces trying to probe their perimeter. People could hear firing of weapons at Site Boston from the Buffalo Soldier Trail.

The 86th Signal Battalion started its field exercise on Feb 28. and worked on their networks until Tuesday. The battalion occupied various sites on post, to include the East Range and mounted satellite dishes, KICC data packages, and satellite support radios.

A brigade-level data exercise will take place in the Barnes Field House basketball courts from March 20-31, making the courts unavailable to players. Network engineers and data operators will use this exercise to test and validate network configurations before the brigade field exercise in April. The intent is to "train as you fight," and since signal equipment is definitively critical to signal support missions, training must be executed on our large signal equipment components. People will see 11th Signal Brigade equipment again in mid-April.

December 8, 2006





Vendor applications available for Festival of the Southwest



Memorial Park, Sierra Vista. The festival is open to the public and there is no admission charge.

The hours will be: 4 p.m. - midnight, Friday; noon - midnight, Saturday; and noon - 5 p.m., Sunday.

There will be many attractions for the entire family including free entertainment in the bandshell and the popular City of Fun Carnival, with rides for all ages and thrill levels.

Along with the Carnival operation there will be a vendor area that features a wide variety of food, crafts, art, commercial and novelty merchants. The festival is an excellent fund-raising opportunity that attracts spectators by providing a wide range of activities and entertainment.

Private organizations, food, craft and other vendors are encouraged to take part in this moneymaking opportunity.

Vendor applications can be picked up at Barnes Field House, and must be postmarked by March

For more information regarding vendor applications, call Susan Keltner at 533-0351.

Learn basics of trap, skeet shooting

The Sportsman's Center is offering a special for those interested in learning the basics of trap and skeet shooting. From 11 a.m. to 1 p.m., every Friday in March, shooters have the opportunity to learn from certified National Sporting Clays Association

The special includes the use of a gun, one box of ammunition and one round of trap or skeet for the reduced price of \$10. Regular price is \$13.50. Don't delay; March is the month to learn.

The Sportsman's Center is located in Building 15423. The facility is open Wednesday - Sunday.

Call 533-7085 for more information, including current hours of operation.

Spring Break Specials at Jeannie's Diner, Desert Lanes

Monday through March 17 at Jeannie's Diner, youth 18 and under may purchase a corn dog and soda for the reduced price of \$1.50.

The diner offers a different lunch special daily. Monday - Friday. A 16 ounce, non-alcoholic beverage is included with these specials.

In honor of St. Patrick's Day, the lunch special for March 17 at Jeannie's Diner will be corned beef and cabbage.

Call 533-5759 for more information.

From 9 a.m. to 4 p.m., Monday through March 17, youth 18 and under can bowl at Desert Lanes for \$1 per game and rent shoes for 75 cents.

Call 533-2849 for more information.

Special trail rides at Buffalo Corral

Monday and Tuesday, and March 16 and 17, Buffalo Corral Horseback Riding Stables will offer special, one-hour "Spring Break Trail Rides." Call 533-5220 for specific times and information.

Register for Little League Baseball

Registration for the Fort Huachuca Little League Baseball Program, for youth 5-14, is in progress and will continue through Wednesday, at the Central Registration Office, Murr Community Center.

Cost is \$40 for one child and \$32 for each addi-

tional child. For more information, call Youth Sports at 533-3205 or the CER Office at 533-8168.

Free golf clinic at MVGC

Mountain View Golf Course will offer a free golf clinic for beginners, 10 - 11 a.m., March 18.

The clinic is designed to teach the basic fundamentals of the swing and the game of golf. An orientation explaining how to use the facility and what programs are available will also be covered.

Participants should wear tennis shoes and loose fitting clothing. Balls and the use of clubs will be provided at no charge.

For more information, call 533-7088.

Register now for trap, skeet league

Registration is now in progress for a trap and skeet league which will start March 29 at the Sportsman's Center. No experience is necessary, and beginners are welcome. Deadline to register is March 19.

Three-person teams are required to participate in the eight week league. Teams will shoot once a week. Cost is \$150 per team.

The Sportsman Center will hold a clearance sale from March 22 to 26. The specials offered will be: 15 percent off guns, in stock; up to 30 percent off select paint for paintball; and up to 50 percent off select hunting equipment and gun accessories.

Call 533-7085 for more information.

Country concert coming to FH

Direct from "Country Thunder, USA," Army MWR and Fort Huachuca will present country music stars Miranda Lambert and Jason Aldean, along with special guest, Jamey Johnson, in concert, April 7 at Barnes Field House. Seating is limited, so concert attendees are advised to purchase their tickets early.

Tickets go on sale Wednesday at the ITR Office and other Fort Huachuca locations for active duty military, their family members and other MWR patrons.

Tickets will be available to the general public March 25 at Sierra Vista Safeway. Prices are \$10 for active duty military and family members; \$13 for MWR patrons and \$15 to the general public and at the door.

Call 533-3354 for more information.

Photography class starts March 16

A basic black and white photography class will be offered from 6 to 8 p.m., March 16, 23, 30 and April 6 at the MWR Arts Center. Cost of this class is \$50. which is due at time of signup.

Several other adult classes are also offered each month. For a complete list of classes, visit the MWR Arts Center, Building 52008, Arizona Street.

Call Riki Tarquinio at 533-2015, for more information or to register.

B.O.S.S. to hold car wash

Better Opportunities for Single Soldiers will hold a car wash fundraiser 10 a.m. - 2 p.m., March 25 in the parking lot of Sonic Drive-In, Fry Boulevard, Sierra Vista. Donations will go toward supporting B.O.S.S. programs.

For more information, call Sgt. Edward Malcolm at 533-6944 or 559-2741.

Sign up now for TM 5K/10K runs

It's time to sign up for the Thunder Mountain 5K/10K Event, to be held starting 7 a.m., March 25 at Barnes Field House.

The 5K and 10K runs are open to everyone. Participants may compete in one of several categories or age groups.

Entry fees will be as follows for the 5K run: active duty military, with souvenir t-shirt, \$15; active duty military, without shirt, \$7; civilian, with shirt, \$17; and civilian, without shirt, \$9.

Entry fees for the 10K run will be: active duty military, with shirt, \$18; active duty military, without shirt, \$11; civilian, with shirt, \$25; and civilian, without shirt, \$15.

Entry deadline is close of business March 24.

Entry forms for the event are available at Barnes Field House, Eifler Fitness Center, or on the internet at http://active.com/.

For more information, contact race director Tom Lumley at 533-5031 or e-mail thomas.lumley@hua. army.mil.

Fort Huachuca Directorate of Morale, Welfare & Recreation

MIVVIR The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MMR page in The Fort Heachards Scout, Questions about this section should be directed to MMR. Marketing Director, Paule German at 536-8636 or send an e-mail to <u>purisugermanific to an e-mail</u> or visit as on the Web at <u>provinces access</u>.





December 8, 2006

Fit For Life

Skill-Related Fitness also important

by George R. Colfer, Ph.D.

Contributing Writer

Most fit for life writings deal with health-related fitness and healthy life-styles. While being physically fit is important, many people of military age also participate in a variety of competitive sports and mission-related competitions sponsored by their unit or the Post. Success in games and contests requires more than just being fit. They depend on various motor skills and their level of development.

Skill-related fitness enables one to move and perform more efficiently, whether it be in work-related activities, daily movement functions or in sports performance. Further, health-related fitness may also benefit from skill-related fitness, since persons who possess skillrelated fitness are more likely to be active throughout life.

Skill-related fitness is compatible with health-related fitness. Many activities promote both types. Individuals who possess both will find participation in either type of activities more enjoyable and beneficial to their health and physical well-being. A person who is physically active cannot help but improve some aspects of skill-related fitness.

The skill-related components are agility, balance, coordination, power, speed and reaction time. Many of these components work closely together and can be trained for by similar modes. However, specificity does exist and such

skills cannot be categorized in general. A combination of these skills or abilities usually determines a skilled performance in a particular sport. Note, also, that a high level of health-related components may make skill acquisition easier. One cannot improve skill if one is fatigued and lacking strength or flexibility. Here is a brief look at each skill-related component to see how it works.

Agility is the ability to change body positions quickly and accurately to the indicated response or situation. Balance refers to the ability of a person to maintain a specific body position while still or in motion. Coordination is the speed and accuracy of correct muscle response to produce a desired movement. The ABC's of skill-related fitness are commonly referred to as the ability to change direction quickly and to move as efficiently as pos-

sible with minimal energy expenditure. These three components can be improved or developed by the use of developmental training programs, specific exercises or drills and sports participation.

Power is the application of strength and speed during a muscular movement. Power equals force times velocity and has to do with the speed of the contraction against less than maximal resistance. Power is closely related to dynamic strength, with speed or quickness of movement as the added dimension. Although strength, speed and power are related, strength alone will not develop power. Power is displayed in many activities in different ways. Driving a golf ball, hitting a baseball, putting the shot, an explosive hit in football and a gymnast performing a giant swing on the high bar are all examples of power. Some per-

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 14 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout", March 8, 1956

AIR SUPPORT PLAYS ROLE AS 'EYES' OF MODERN ARMY

From first use in World War II by artillery units of two-man observer aircraft called "Grasshoppers," the Army has progressed to full understanding of the value of fixed and rotary-wing aircraft - the value of the dimension of height - to ground forces.

These aircraft - whether as "eyes" for artillery, infantry, or armor, as wire layers, aerial ambulances or flying jeeps for commanders, or as troop and cargo carriers, have proved to be of incalculable aid in combat. These aircraft today play an important role in projects at the Army Electronic Proving Ground.

Among four types of fixed-wind aircraft at this Signal Corps Aviation Center located at Fort Huachuca's Libby Field, the single-engine L-19, nicknamed "Bird Dog," is perhaps the most versatile. A two-place, short-field operating plane, the L-19 can take off from a cow pasture, can be used for aerial photography, wire laying, or any one of numerous other combat jobs, and return to the cow pasture, an unlikely landing strip for most planes.

L-20 "Beaver"

The L-20 Beaver" is a single-engine, short-field operating passenger and cargo plane with a maximum capacity of six persons. It can carry two riders and 3,000 pounds of cargo, including 1,000 pounds of external equipment like package drops of underthe-wing bomb racks. The "Beaver" was built according to specifications of bush pilots in the northern Canada wilderness, and because of its low speed and good stability can air drop supplies with amazing accuracy.

To speed commanders and staff officers to distant installations in a hurry, the five-seater, two-engine L-23 "Twin Beech" is employed. The transport cruises at about 165 miles per hour and can remain aloft for periods of about six hours. "Twin Beech," largest and fastest of Fort Huachuca's 24 fixed-wing craft, can function on one engine in an emergency, as can its experimental cousin, the YL-26 "Aero Commander," not now in Proving Ground use.

Helicopters

Rotary-wing aircraft, "Jack of all trades" helicopters, first became known doing medical evacuation work in the Philippines during World War II, but underwent mainly paper planning until 1950 because of industry growing pains and procurement problems.

EDITORIAL: The Red Provider

The greatest reason we remain under arms is to deter possible communist aggression throughout the world. But the communist does not operate only with weapons. He seeks to subvert free government through political means.

In many foreign countries the communist candidate appeals to poverty-stricken people who have lost hope. If questioned, many of these peasants and workers would readily admit they didn't want their country to become part of the Kremlin chaingang.

Ill clothed, ill housed, and ill fed, however, they are ready bait for the Red candidate and often vote communist because the party promises reform. Some actually become party members to protest against the way things are rather than because of a positive belief in communism.

Once the communists gain control of the government it is almost impossible to dislodge them. Their opposition is silenced – frequently permanently with a bullet in the head. Civil and political rights disappear. Slave labor camps dot the countryside. Liberty-loving citizens have had it.

We lend our moral support and defense aid to democratic governments in these countries. And we offer the example of our democracy for positive reforms. We try to help the nations remain truly free and independent. By doing so, we reinforce our own freedom. sons may generate power more through strength, while others rely more on speed. However, if two forces are equal, the one that generates more speed or velocity will produce the greater power.

Speed is the ability to move the body or a region of the bady as rapidly as possible from one point to another point. Speed is the rate of movement, or the amount of time it takes for a body or object to travel between two points. Speed usually refers to running speed, as in the sprints in track or football. However, speed can be performed as leg speed in soccer kicking, arm speed in throwing

a baseball and body speed (acceleration) necessary in gymnastics. Speed is related to strength and power. In fact, all skillrelated components contribute to speed. Speed requires the expenditure of a large amount of energy in a short time period. Age is a factor in attaining speed. One's peak is usually reached at about 20 years of age and can be maintained for up to 10 years or so depending upon the type of training one practices. Without practice, speed diminishes quickly by the late twenties.

Reaction time refers to the time lapse between the presentation of the stimulus (sound-sight-touch) and the first muscular movement of the performer. Reaction time enables the performer to begin movement faster, which can affect other skill components such as speed and power. Reaction time can be improved through the use of many developmental programs, such as strength and speed improvement. There are also many drills involving sight, sound and touch that will improve reaction time on a general basis. Since there is a relatively high degree of specificity in reaction time response, most experts feel that the best method for improving upon a specific activity or

sport is to practice the starting stimulus for that activity.

Even though many drills and exercises will aid in overall motor skill development, when it comes to a selected sport, one must practice those sport skills specifically. No amount of conditioning will substitute for sport skill practice. However, most sports participation also develops skill-related fitness. Handball, racquetball, basketball, gymnastics, wrestling, volleyball, tennis and soccer are a few of many sport activities that can improve motor skill development.

Ask The Dietition

National Nutrition Month Quiz Contest

By Capt. Jennifer L Rodriguez

Registered Dietitian

It's National Nutrition Month! What a great way to make healthy changes by eating right and moving more. This

week, fill out a National Nutrition Month Quiz. Cut it out, answer all 10 questions correctly, mail it in and you may win a prize! It's that simple. All correctly completed quizzes returned by March

30 will be entered into a drawing and three winners will be drawn at random for a mystery prize. Good luck and I hope you learn something new about nutrition. Happy Eating!

Send completed quizzes with name and phone number to USA MEDDAC, 2240 E. Winrow Ave, ATTN:PMWARS-NUTRITION, Ft Huachuca, AZ 85613-7079

Step Up to Nutrition & Health **National Nutrition Month 2006 Quiz**

- 1. Whole grains are an important part of a healthy diet. The three parts of a grain kernel are:
 - a. exoskeleton, endoskeleton, bran
 - b. germ, bulgur, enricher
 - c. bran, endosperm, germ
 - d. bran, bulgur, bean
- 2. True or False: The "meat and beans" food group includes only beef and lima beans.
- 3. When selecting from the fruit group, a. only fresh fruits can be considered.
 - b. fresh, canned, frozen, dried, 100% fruit juice count. c. frozen fruits should not be

eaten more than twice a month.

- d. don't be concerned about washing fresh fruit unless it looks dirty.
- 4. A one-ounce serving of grain is approximately
 - a. one slice of bread
 - b. one cup of cereal
 - c. one-half cup cooked rice
 - d. all of the above
- 5. Children and teenagers should be physically active for how many minutes most days?
 - a. 10
- b. 20
- d. 60
- 6. Which of the following is equivalent to a one-half cup serving of cooked vegetables?

- a. 1 medium-sized tomato
- b. 6 asparagus spears
- c. 7 or 8 baby carrots
- d. 1 cup of raw leafy vegetables
- e. all of the above
- 7. If you eat 100 more calories a day that you burn,
 - a. you will become stronger and healthier.
 - b. you will be able to ride a bicycle faster.
 - c. you will gain about one pound in a month.
 - d. nothing will change as long as you take vitamins.
- 8. For a healthier you, keep these low. a. saturated fats, trans fats, cholesterol, sodium, and added sugars

- b. potassium, fiber, calcium a nd iron
- c. vitamin A, vitamin C, dark vegetables and fruit
- d. calcium, orange vegetables, fruit and iron
- 9. Which of these is not another name for sugar?
 - a. sucrose b. sodium
 - c. glucose d. maple
- 10. True or False: The calcium content of low-fat dairy products is equivalent to that of full-fat dairy foods.

Name:	
Phone number:	

Chalk Talk-

Myer Elementary

Maureen Brady's fourth graders learned about the French artist, Georges Seurat who created pointillism. The students made their own dot pictures in this style. They then used compasses to make overlapping circular designs, which they colored in complimentary colors. Now the fourth graders are working on a Southwest unit and are making pastel pueblos, sand paintings, and ojos de Dios or God's Eyes.

Ms. Brady's fifth graders continued their Australian art unit with X-Ray Bark animals made in Aborigini style designs. The students then made Tiki Pendants to wear for good luck. Now they have been working on making hand puppets that have painted clay heads and felt bodies. All the students have enjoyed putting on puppet shows to entertain their classes. All of Ms. Brady's students created wonderful posters in honor of Martin Luther King, which they used in an assembly.

The Character Counts' pillar for the month of March is Citizenship and the color is purple. Students will be encouraged to help make their school and community a better place, be cooperative, be a good neighbor, obey laws and rules, respect authority, and protect the environment. The monthly assembly will take place on March 31st at 1:30 P.M. in our gymnasium.

The following students received the Character Counts' awards for the pillar, Caring. Congratulations to Adarius Blake, Augustine Bunkley, Beth Marcum, Connie Sones, James Wininger, Jason Li, Katarina Towery, Magen Davidson, Megan Sokolowski, Patrick Sandstrom, Paul Michael Shulsky, and Tiara Huddleston. The Student of the Month Academic Awards for February were given to Adriena Valdivia, Bradley Dean, Christian Keen, Danielle Villali, Joshua Krause, Juliana Coriz, Mariah Denton, Matthew Hester, Megan Besmer, Sharon Li, Vinessa Rice, and Valerie Ross. Myer School faculty and staff are very proud of all of these students!

Children's book drive

The Sierra Vista Optimist Club is kicking off "A Book of My Own," their children's book drive. The club seeks to provide books to elementary school readers to help them appreciate reading and to improve their reading skills. Collection is now through April. Drop-off points are Cochise College Library, the Landmark Café, Borgstadt Chiropractic and Buzz Breads. For more information, contact Ray Ricco at 459-5502 or Donne Puckle at 458-4122.

Free puppetry workshop planned

The Army Community Service "Kids on the Block" program will offer a free puppetry workshop 10 - 11:30 a.m., and again, 1 - 2:30 p.m., Monday.

The class teaches a Japanese form of Banraku Puppet Theater. For more information, call Mary Lamphere at 533-3883 or ACS at 533-2330.

Fort Huachuca welcomes newcomers

Army Community Service welcomes newcomers to the Fort Huachuca community. The Huachuca Welcome newcomer's orientations are scheduled for 9 a.m., Wednesday, and at 9 a.m., March 24 at Murr Community Center.

Pre-register by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

"Smooth Move for Kids" workshop set

Army Community Service will offer the "Smooth Move for Kids" workshop at 11:45 a.m., March 13; 6 p.m., March 22; and 9 a.m., March 31 at the ACS Building 50010.

The workshop is designed to help ease the anxiety for children and make moving easier for everyone.

The class is free; pre-register by calling ACS at 533-

U.S. Army Field Band & Soldiers' Chorus

The U.S. Army Field Band & Soldiers' Chorus from

Washington D.C. will perform March 11 at 7 p.m. in the Buena High School Performing Arts Center, Sierra Vista. The performance is free and open to the public, but free admission tickets are required.

For ticket information, contact Phil Vega, sponsor, at the Sierra Vista Herald at 458-9440.

Pepsi Pitch, Hit and Run Competition

Come out and show off your baseball skills and talents by competing in the 2006 Pepsi Pitch, Hit and Run Competition conducted by the Sierra Vista Department of Parks and Leisure Services. Competition will run from 10 a.m. to noon March 25 at Pat Arbenz Field, located at the city Sports Complex at 3020 E. Tacoma Street in Sierra Vista, Arizona. The competition is free and open to girls and boys, 7 to 14 years. For more information call 458-7922.

Huachuca City arts, crafts festival

The Huachuca City Parks & Recreation Board will sponsor an arts and crafts show with food and daylong entertainment on March 11 from 8 a.m. to 4 p.m. at the city park, at the corner of Gila and School Streets, behind the police and fire departments. There is no admission.

In addition to arts and crafts, there will be daylong entertainment and food booths. The Huachuca City Color Guard will post the colors to background sounds of patriotic music. A desert swing band, a Scottish bagpiper, banjo and guitar players, and a singer will round out the musical fare. There will be line dance and clogging demonstrations, a performance by members of Limelight Productions, Inc, and performance by the Ohana Holookoa Dancers.

Dine on a variety of food offered for sale at one of the food vendors. There are picnic tables at which to dine and a play area for the children.

For more information, call 456-8938.

"Army 101" provides introduction to Army life

Army Family Team Building will offer the Level I

AFTB marathon class 8 a.m. - 5 p.m., March 25 at Murr Community Center, Building 51301.

AFTB Level I, also known as "Army 101" provides an introduction to Army life.

The class is free but please pre-register with Army Community Service at 533-2330, or e-mail huachuca aftb@hotmail.com. For more information, call Cheryl Patterson at 533-3686.

International spouse support group meets

Army Community Service invites all international spouses to join this support group, which will meet at 6 p.m., March 27 at the ACS Building 50010. The group offers the opportunity to meet new people, network and to pick up tips on American culture and the military lifestyle.

Pre-register by calling ACS at 533-2330.

Fort Huachuca Library to display Lopes weavings

The Fort Huachuca library is currently displaying Portuguese master weaver Arlinda Lopes' loom-woven fabrics. Ms. Lopes integrates recycled fabrics in most of her woven products. The display will be available for viewing until April.

The Fort Huachuca Library is open Tuesdays through Friday, 10:30 a.m. to 7:30 p.m. and Saturdays from 8:30 a.m. to 5:30 p.m. For more information, call 533-3041.

Families in Waiting Support Group

The Families in Waiting Support Group meeting will be held at 6 p.m., March 16 at the New Beginnings Child Development Center, Building 48101.

This group offers support for families of services members who are deployed or on a hardship tour. Free child care is available with advanced registration.

Register by calling Army Community Service at 533-2330 or e-mailing pamela.j.allen@hua.army.mil.

At The Movies

Showing at the Cochise Theater for the next week are:



Today -7 p.m.

Tristan and Isolde

PG-13

Friday

Big Mama's House 2

PG-13

Saturday -7 p.m.

Underworld Evolution

Sunday -2 p.m.

Big Mama's House 2

PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



|Pets Of The Week-





Tippy is a pretty 10-month-old female black and white border/lab kitten. Courtesy photo from petfinder. mix. Courtesy photo from petfinder. com. com.

Larry is an 8-week-old male tabby

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

Unit sponsorship training here

Good sponsorship is an important factor in the quality of life of the inbound Soldier and family members.

Let Army Community Service assist your unit in training effective sponsors. Sponsorship training will be held at 9:30 a.m. and 1:30 p.m., March 22 at the ACS Building 50010.

Please register by calling ACS at 533-2330.

Family Readiness Group Training soon

Family Readiness Group Training will be conducted at 6 p.m., March 23 and 9:30 a.m., March 29 at Army Community Service, Building 50010. Training will be provided covering all aspects of running an effective FRG, including responsibilities, informal funds and sponsorship.

Registration is required by calling ACS at 533-2330 or e-mailing: pamela. j.allen@us.army.mil.

PWOC "Worshipful Gathering" slated

The Fort Huachuca Protestant Women of the Chapel invite all ladies from post

and the surrounding community to attend a "Worshipful Gathering" Tuesday from 9 a.m. until 2 p.m. at the Main Post Chapel.

The PWOC will welcome Victoria Robinson, president of PWOC Europe.

Child sitting is available for children 6 months to 5 years by reservation. Mothers should bring a lunch for their children and a sack lunch for themselves. Lunch will be spent in fellowship in the courtyard.

For more information or for childcare reservations, contact Lisa Chestnut at 249-7683

It's scholarship time here

It's that time of year again. It's time to start planning for tuition and expenses for the fall semester of college.

Whether one is a soon-to-be high school grad or a continuing education student, Army installations offer a wide array of scholarships specific to Soldiers and their families.

The Army and Air Force Exchange service generally offers annual scholarships to military dependents, as does the commissary. Army Community Service and the post education center may be another place to begin looking.

Below is a list of scholarships available here. Remember, though, this is only a small list and does not contain all the monies which may be available

SCHOLARSHIP	AMOUNT	ELIGIBILE APPLICANTS	DEADLINE	POC
Thrift Shop	\$1000	high school seniors	March 30	458-4606
Military Intelligence Corps Association	scholarship amount varies based on number of applications received	MI Soldier or a family member; must be working on 1st undergraduate degree	May 15	533-1174
Army Emergency Relief	need-based	spouses and widows of active-duty Soldiers	May 22	533-5972
FHCSC	several scholarships available	high school seniors and spouses	March 17	417-0220

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